



GROUP EXERCISE

Group exercise classes are sure to help your overall wellness, strength, and flexibility. All classes are adaptable and can be modified for any level of fitness. Let our certified instructors show you how you can get a better night's sleep, more energy throughout the day, and help control stress. As a member of The CORE, group exercise classes are free and included with your membership. Non-members of the center are welcome to join any of our classes for a small daily use fee.

Aquacise—This class offers a quality cardiovascular workout which, due to being in water, is easy on the joints and muscles

Belly/Latin Fusion—Is a fusion of Latin and International music that creates a dynamic, exciting, and effective workout.

Cardio Yoga Fusion—This revolutionary fusion of balance, strength, flexibility and heart health is the all-in-one yoga practice that we all have been waiting for! This practice incorporates unique yoga-inspired intervals that boost the metabolism!

Mix-It-Up—These classes are a mix of different types of workouts using muscle training, cardio, and step aerobic workouts.

Muscle Flex—This class works every muscle group by using weighted barbells and other varying means of cardiovascular workouts.

Pilates—Each session is a full-body workout emphasizing form and proper body alignment to increase strength, muscle tone, flexibility, coordination, and balance, with unlimited opportunity for advancement.

Serenity Now Workshops - This is a four week-series that will instruct you in the most effective ancient and modern bodywork techniques to empower your health naturally so YOU can relieve pain, tension, and stress in just minutes a day.

Spin Fitness—Spinning burns serious calories (about 450 in 45 minutes) and offers an awesome aerobic workout that makes your heart pump fast. It also tones your quadriceps (front thigh muscles) and outer thigh muscles like nobody's business!

Spin Fusion—Half the class will be work on cardio doing Spin Fit with the other half incorporating different exercise formats to build strong core muscles.

TRX Functional Training—Leveraging your own body weight, suspension training allows you to use multiple muscle groups at the same time to achieve the most efficient total body workout. The RIP Trainer, which is a part of the TRX system, employs a resistance cord system to create an unbalanced load that enables you to develop core strength, explosive power, and provides rotational movement. Together the TRX and RIP trainer provide a unique mix of exercises that develop and improve core strength, coordination, balance, stability, endurance, and flexibility. This moderate to high intensity interval class focuses on building true functional strength by using "All Core, All the Time". Although this class primarily uses the TRX system, it also incorporates other pieces of equipment, such as the Bosu, medicine balls, kettle bells, battling ropes, and dumbbells to enhance your workout.

Yoga—Encourages the mind and body connection and helps to relieve stress, improve breathing and mental focus, and to build strength, stamina, balance, and flexibility.

Zumba, Zumba Toning, Zumba + Abs—Hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program. Fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

GROUP EXERCISE SCHEDULE

November 1-30, 2015

Monday

8:00 AM	Pilates/Yoga	Studio 1	Raechel T.
9:15 AM	Muscle Flex	Studio 1	McKenzie E.
9:00 AM	Aquacise	Pool	Sally M.
10:30 AM	Yoga	Studio 1	Chris M.
11:45 AM	TRX Functional Training	Studio 1	McKenzie E.
5:00 PM	Belly/Latin Fusion	Studio 1	Miranda C.
6:15 PM	Serenity Now Workshop	Studio 1	Sophia M.
6:15 PM	Spin Fusion	Studio 2	Janet S.
7:30 PM	Yoga	Studio 1	Janet S.

Tuesday

6:00 AM	TRX Functional Training	Studio 1	McKenzie E.
8:00 AM	Spin Fitness	Studio 2	Jennifer T.
8:00 AM	Pilates	Studio 1	Janet S.
9:15 AM	Muscle Flex	Studio 1	Rachel T.
12:00 PM	Yoga	Studio 1	Jennifer T.
6:00 PM	TRX Functional Training	Studio 1	McKenzie E.
7:15 PM	Aquacise	Pool	Sally M.
7:30 PM	Zumba + Abs	Studio 1	Sharon M.

Wednesday

8:00 AM	Pilates/Yoga	Studio 1	Raechel T.
9:00 AM	Aquacise	Pool	Sally M/Beth R
9:15 AM	Yoga	Studio 1	Gloria P.
11:45 AM	TRX Functional Training	Studio 1	McKenzie E.
6:00 PM	Zumba Toning	Studio 1	Miranda C.
7:30 PM	Yoga	Studio 1	Lucinda B.

Thursday

6:00 AM	TRX Functional Training	Studio 1	McKenzie E.
8:00 AM	Spin Fitness	Studio 2	Jennifer T.
8:00 AM	Pilates	Studio 1	Janet S.
9:15 AM	TRX Functional Training	Studio 1	McKenzie E.
10:45 AM	Belly/Latin Fusion	Studio 1	Miranda C.
12:00 PM	Yoga	Studio 1	Jennifer T.
5:30 PM	Cardio Yoga Fusion	Studio 1	Rachel K.
6:15 PM	Spin Fusion	Studio 2	Janet S.
7:15 PM	Aquacise	Pool	Karen H./Sally M.
7:30 PM	Zumba	Studio 1	Gabrelle M.

Friday

8:00 AM	Spin Fitness	Studio 2	Raechel T.
9:00 AM	Aquacise	Pool	Karen H.
9:15 AM	Yoga	Studio 1	Gloria P.
12:00 PM	Zumba	Studio 1	Michelle S.

Saturday

8:00 AM	Zumba	Studio 1	Sharon M. Janet S/ Chris M
8:00 AM	Yoga	Studio 2	Chris M
9:15 AM	Aquacise	Pool	Sally M/Janet S
9:15 AM	TRX Functional Training	Studio 1	McKenzie E.
10:30 AM	Zumba Toning	Studio 1	Miranda C.

Sunday

2:00 PM	Zumba + Abs	Studio 1	Sharon M.
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Dates to Remember:

November 25 – Facility closes at 5pm

November 26 & 27 – Facility closed for Thanksgiving Holiday





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